

Goole
VIKING

Striders

EST. 1985



RUNNER GUIDE



RIVERBANK CHALLENGE

2026



Sunday 19 July 2026 | 10:00am start



Goole RUFC, Westfield Lane, DN14 5PW

Key information for runners, spectators and volunteers.



DISTANCE

10K



TIMING

Racebest



RACE DIRECTOR

Andy Smith



LICENCE

EA

Essential Race Day Info

Keep this page handy

Everything you need at a glance for race morning - where to go, when to arrive and what happens next.



Riverbank Challenge race morning

Hosted by Goole Viking Striders



START TIME
10:00am

LOCATION
Goole RUFC

CAR PARK CLOSES
9:45am

PACERS
45 / 50 / 55 / 60

On the day

- Registration and bag drop open at **8:30am**.
- Collect your bib number and any pre-ordered T-shirt before heading to the start.
- Please arrive early and car share where possible.
- Leave valuables at home or in your car where possible.
- Vehicle access closes at **9:45am**.
- All runners will be walked to the start via the signed pathway.
- Do not warm up on the road or vehicle entrance.
- Show your race number after the race to collect your medal.

Key timings

8:30am	Registration opens Collect bib number, pre-ordered T-shirt and use bag drop if needed.
9:45am	Vehicle entrance closes No vehicle movement through the rugby club entrance after this point.
9:45am	Walk to start Runners are led to the start via the pathway alongside Westfield Park Care Home.
10:00am	Race start The race starts once course confirmation has been received.
Finish	Water and medals Water at the finish; medals collected back under the mezzanine.
11:30am	Presentation Trophies and prizes presentation. Full results via Racebest.

Getting There, Parking & Arrival

Plan ahead

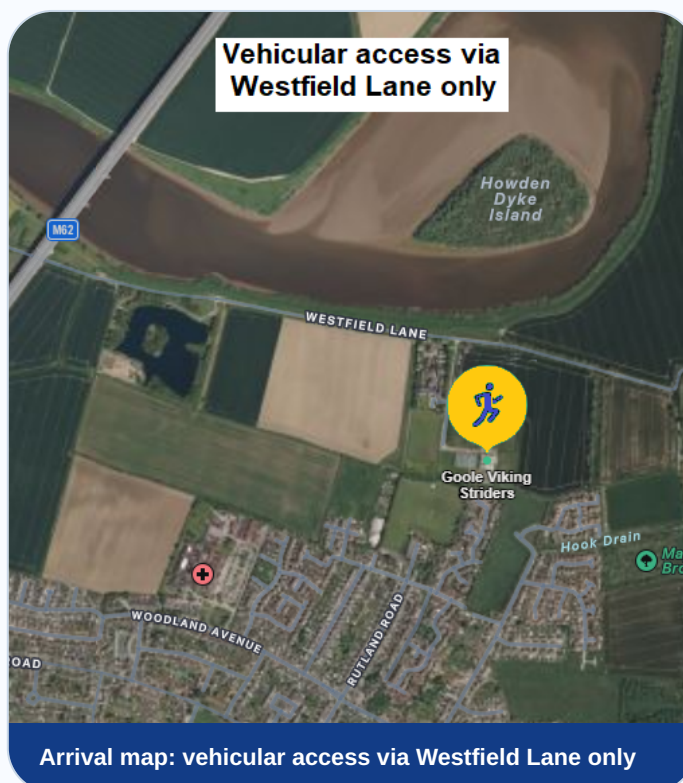
The event base is **Goole RUFC, Westfield Lane, Goole, DN14 5PW**. Please leave enough time to park, collect your race number and get ready before the 9:45am walk to the start.

Arrival guidance

- Follow event parking signs and all marshal instructions.
- Car share where possible to reduce pressure on parking.
- Do not park anywhere that blocks the route, access roads, residential entrances or emergency access.
- The vehicle entrance and exit close at **9:45am**.
- Vehicular access is via **Westfield Lane only**.

When you arrive

- Head first to registration and bag drop.
- Use the toilets early to avoid queues later on.
- Listen for announcements from the event team.
- All runners will be led to the start together via the signed pathway at **9:45am**.

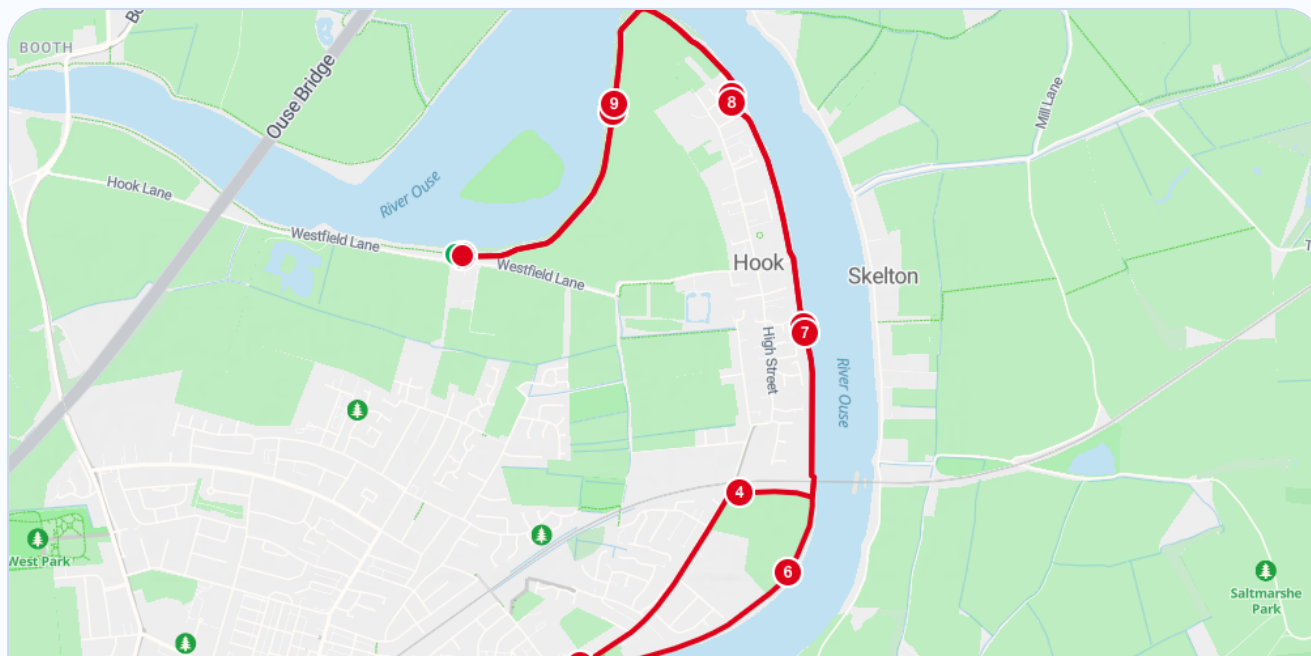


Race day atmosphere: runners out on the Riverbank Challenge course.

Course & Route

10K / 6.2 miles

The Riverbank Challenge follows the banks of the River Ouse around Goole and Hook. Please follow all marshal instructions, stay aware of other runners and path users, and take extra care on narrow sections. **Water stations will be available at approximately the 3km and 7km marks.**

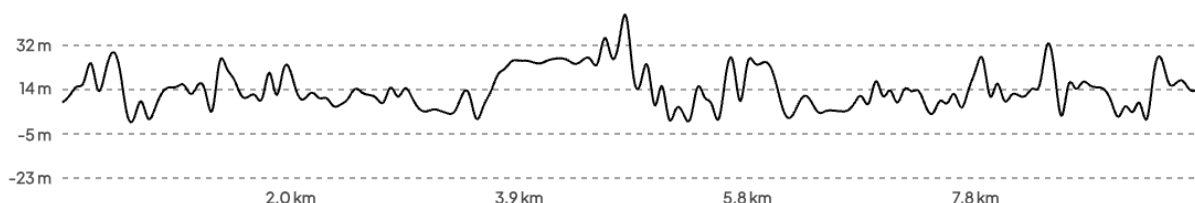


Route map

River Ouse - Goole - Hook

Elevation

Start Max Gain
9 m 7 m 13 m



Full route map

Scan for the MapMyRun version of the route.



Route video

Scan for the course preview video.

Riverbank reminder

Parts of the route use narrow paths and riverbank sections. Be considerate, do not cut corners, and follow any taped-off areas or marshal instructions. Water stations are positioned on course at around **3km** and **7km**.

Your Safety & Wellbeing

Read carefully

The event team want every runner to have a safe, enjoyable race. Please do not start if you feel unwell or injured, and speak to the nearest marshal if you need help during the race.

On-course safety

- Follow all instructions from marshals, race crew and medics.
- Keep alert for other runners and local users.
- If you withdraw, report to a marshal so the team knows you are safe.
- Keep moving through narrow sections where safe to do so.

Before you run

- Arrive hydrated and dressed for the weather.
- Do not leave valuables in bag drop.
- Complete medical/emergency information where requested.
- Know your planned pace and line up sensibly at the start.

Hydration

Arrive well hydrated. Water stations will be available on course at around **3km** and **7km**, with additional water available at the finish line. If conditions change, follow additional race-day announcements.

Litter-free event

Please take litter home or use the bins provided. Gel wrappers must stay with you until you can dispose of them safely.

Important

If you feel unwell, stop and speak to the nearest marshal. In an emergency, marshal teams will have medical and Race Director contact details.

Finish Line & Event Village

Celebrate

Once you cross the finish, keep moving through the finish funnel, collect your water, and then make your way back to the rugby club to collect your medal and enjoy the event village.



Finish flow: continue through the finish funnel, collect your water, then head back via the pathway alongside **Westfield Park Care Home** — not through the vehicle entrance. Medals are collected under the new mezzanine, full results will appear on **Racebest**, and the prize presentation starts at **11:30am**.

FINISH WATER

At the line

MEDALS

Under the mezzanine

RESULTS

Via Racebest

PRESENTATION

11:30am

Event village highlights



Goole Sports Therapy

Post-race sports massage and support available in the event village for **£5 per person**.



Meters to Miles

Running gear, event support and a friendly presence in the event village after the race.



ANDY'S MAN CLUB

Andy's Man Club

Find information, support and conversation at the event village stand. **It's okay to talk.**



Flip 'n' Drizzle

Cakes and sweet treats will be available to buy in the event village after the race.

Sponsors & Supporters

Thank you

The Riverbank Challenge is made possible by the support of local sponsors, volunteers, vendors and the wider running community. Thank you for helping Goole Viking Striders deliver a safe, friendly and memorable race day.

